



Fit NOLA is Mayor Mitch Landrieu's initiative to make New Orleans a top 10 fittest city by 2018, the city's 300th anniversary. Since 2012, the City of New Orleans Health Department has led Fit NOLA, a collaboration of over 200 partners working together to improve physical activity and nutritional fitness. Fit NOLA is comprised of six sectors and a coordinating group, all driving various projects to help meet our overall goal of becoming a fit city. This nationally recognized partnership serves as a hub for community-wide fitness resources, information, and valuable linkages for all who live, learn, work, and play in New Orleans.

Fit NOLA's Six Sectors

Active Community Design Sector

Current goal: To facilitate access to nutritional and physical activity by way of community design and the built environment.

- **Active Chairs:** Jennifer Ruley and Naomi Doerner
- **Current projects:** Asset Map, Resource Guide

Business Sector

Current goal: To connect NOLA businesses to workplace wellness initiatives and policies.

- **Active Chair:** John Hopkins
- **Current projects:** Business Toolkit

Community Sector

Current goal: To connect the community to Fit NOLA projects and activities.

- **Active Chair:** Keelia O'Malley
- **Current projects:** Distribute newsletter to broader audience, create Fit NOLA marketing campaign

Early Childhood Sector

Current goal: To create access to nutritional and physical activity for children younger than school-age.

- **Active Chair:** Lauren Dunaway
- **Current projects:** Monday campaign, breastfeeding training for school nurses

Health Care Sector

Current goal: To provide health practitioners with tools to service the community with a focus on fitness and nutrition

- **Active Chairs:** Doc Griggs
- **Current projects:** TBD

School and Out-of-School Time Sector

Current goal: To facilitate and initiate access to nutritional resources and physical activity in and out of school.

- **Active Chairs:** Anneke Dunbar-Gronke and Rachel Van Parys
- **Current projects:** School Assessment Survey, Healthy-by-Default Resource Guide